

January 2021



THE WALKING STICK

Ursuline Companions on the Journey

B.C. Ursuline Companions

Responses from our "Walking in Sacred Silence" Video

"Thanks so much for your wonder-full Companions Day of Reflection which we could share in via video on Saturday! What a joy to feel like a participant with your Lectio Divina and in your reflections on your talents and how you are living them out. We are certainly finding new ways to stay connected!"

Sister Ellen

"Thank you for sharing your reflections and practices with us. What beautiful reflection of our Lord's love and hope."

Deb Barber

"Thank you each and every one of you for the time, talent and inspiration you put into the Reflection day. Your determination, service and peace were felt." Sr. Patsy

"Thank you so much for your generosity of time, effort and heart!! God bless you!"

Dr. Karin Mendoza

"I just spent precious time with you on the video. Erna, it is wonderful. The filming is terrific and the content so well done. I cannot thank you enough for sharing it with me. May each of you be blessed on this important journey."

Sr. Judi Clemens

Link to "Walking in Sacred Silence Video"

<https://www.ursulinesofbc.org/?wix-vod-video-id=850e34e48d15413591a715b4f30e88f2&wix-vod-comp-id=comp-kcxnoeyf>

Mission Statement

We are a group of women & men dedicated to fostering Christ's love in the world according to the spirit of St. Angela Merici. We gather for prayer & spiritual support. We open ourselves to the gentle voice of wisdom as we live our daily lives



St. Angela Merici's Feast
To be celebrated
Saturday, January 23, 2021
1:00-2:30 p.m. (EST)
ZOOM Call

Dr. Trudelle Thomas

Professor Emeritus, Xavier University

Presents:

The stories of our lives" (looking back, going deeper, looking forward).

***To reserve a ZOOM link
RSVP by email to Sr. Patricia Homan
By January 21 at
phoman@tds.net**

St. Angela reminds us: *"You must take care to...come together from time to time...so that, together,....(you) might also meet each other as loving (companions), and thus, talking over spiritual matters, rejoice together."*

Monthly gatherings at the Chatfield College
Raymond Kammerer Memorial Library, St. Martin Oh
(wear a Mask, weather permitting we will meet outside)

Creative Writing 2021

3rd Friday of the Month 10:00-11:30 am
February 19 April 23
March 19 May 21

Lectio Divina At this time Lectio Divina will not be offered the 1st Tuesday of the month. We recommend if you would like to participate in a group Lectio Divina please see the contact information below regarding a Virtual Lectio. The BCU Core team will still begin their meetings with Lectio Divina which helps the group to focus and listen to the Holy Spirit's guidance.

Creative Writing

Feel free to join the Creative Writing Group. No writing expertise required, just an interest and a willingness to write whether it is autobiography or a short story or your wisdom nuggets you would like to share for posterity.

If you have questions contact us at

UrsulineCompanions@gmail.com

VIRTUAL LECTIO DIVINA

This group is led by Shelly Kilgallon who has been part of a Lectio group for a number of years and a pre-school teacher. If you would like to invited, please email her at shellykilgallon@gmail.com

Keep your thoughts positive because your thoughts become your words,
Keep your words positive because your words become your behavior,
Keep your behavior positive because your behavior becomes your habits,
Keep your habits positive because your habits become your values,
Keep your values positive because they become your Destiny.

Quote from Mahatma Gandhi



All are invited
To celebrate Mass
Every Wednesday
8:30 am
in
Sacred Heart Chapel
On the campus of Chatfield College

HOPE EMERGENCY PROGRAM

Hope Emergency volunteer opportunities are available every week. Contact Sr. Lucia luciac@tds.net, hopeemergency@hotmail.com or the Website: hopeemergency.org

PRAYER DURING PANDEMIC

LORD HELP US
BE PREPARED, BUT NOT ANXIOUS
BE AWARE, BUT NOT DESPERATE
BE VIGILANT, BUT NOT IN FEAR
BE JOYFUL, BUT NOT CLUELESS
BE FAITHFUL, BUT NOT CARELESS
LORD, BE OUR HOPE AND
STRENGTH
AMEN



Save the Date:

ANNUAL
DAY OF REFLECTION
November 6, 2021

Hopefully in person & without masks